

Stoic practice of Premeditatio Malorum (or Negative Visualization)

Step 1: List the Evils (Bad things which may happen)
(work towards birds-eye view)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Step 2: Determine Your Sphere of Control (impulse, desire, motivation, reaction, aversion – NOT property, your body, other people/animals, reputation, events)

I *can* control:

I have *some* control:

I *can't* control:

Step 3: Offer Up those which you cannot control as a Sacrifice (accept fate - what comes to pass will pass) – perform a little ritual for this if you like.

Step 4: List the Options for things within your control
(do not spend too much time ruminating on this.)

Stoic practice of Premeditatio Malorum (or Negative Visualization)

Step 5: Closure and Appreciation (thank the practice and your mind for having done its 'worrier' job well. Thank it for its service and know it can take the rest of the day off.)

Step 6: Review and Score

1. Which things came true, and which did not?

2. For those which came true, what was the experience like? (How did you react? What did you do to deal with it? What happened afterwards?) If you like you can score yourself out of 100 for how well you think you coped.